



Weekly Menu

September 21 September 25 2026

Grade 7 - 12



Monday

Menu 1: Beef bourguignon, rice and vegetables

1, 9 3, 10

Menu 2: Shakshuka - vegetarian dish from Israel

3 1, 9, 10

Tuesday

Menu 1: Kentucky chicken, roast potatoes and vegetables

1, 3, 7 9, 10

Menu 2: Vegetarian schnitzel, roast potatoes and vegetables

1, 3, 7 9, 10

Wednesday

Menu 1: Beef burrito with condiments and salad

1, 7 3, 9, 10

Menu 2: Vegetarian burrito with condiments and salad

1, 7 3, 9, 10

Thursday

Menu 1: Chicken Tajine, with vegetable couscous

1 3, 9, 10

Menu 2: Lentil dahl, sweet potatoes and yoghurt

7 1, 3, 9, 10

Friday

Menu 1: Roasted pork, tagliatelle and vegetables

1 3, 9, 10

Menu 2: Potato steak, and pumpkin topped with grilled cheese

7 3, 9, 10

Contains this Allergen / may contain this Allergen

*1. Cereals containing gluten, *2. Crustaceans, *3. Eggs, *4. Fish, *5. Peanuts, *6. Soybeans, *7. Milk, *8. Nuts, namely: almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts, *9. Celery, *10. Mustard, *11. Sesame seeds, *12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre, *13. Lupin, *14. Molluscs